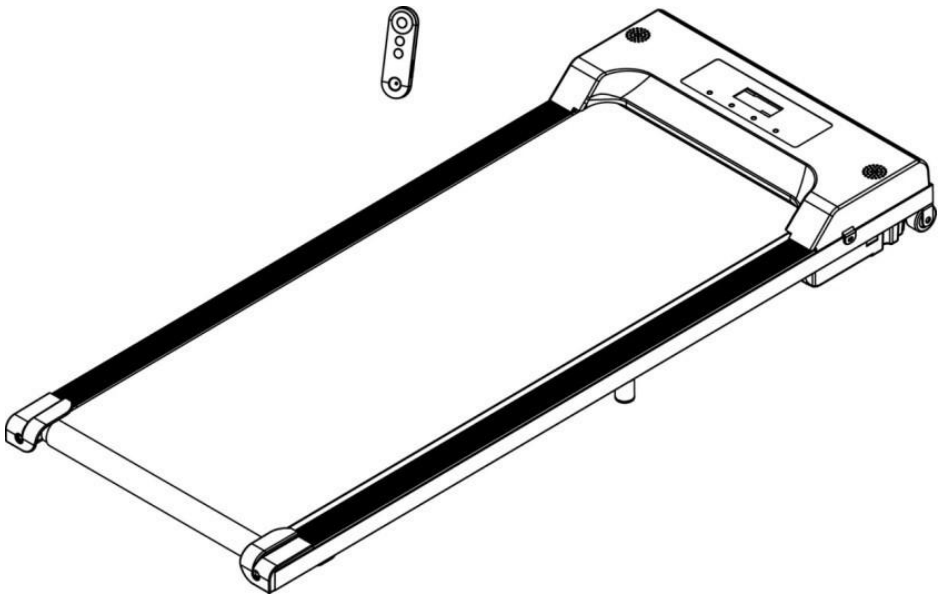
USER’ S MANUAL



Read all instructions carefully before using this treadmill. Retain this user’ s manual for the future reference.

SAFETY PRECAUTIONS

Warning: We suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 3 5 old or health problem- related people. We take no responsibility for any injury or damage if you don' t follow our specifi cations. The treadmill should be carefully assembled and covered with the motor shield, then connected to the power.

Attention:

1 . Please do not insert any items into any part of the treadmill, which would damage the treadmill.

2. Position the treadmill on a clean level surface. Do not place the treadmill on the thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

3. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt moves.

4. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose clothing that may be caught on the treadmill. Always wear running or aerobic shoes with rubber soles.

5. Keep the children and pets away from the treadmill while starting the workout.

6. Wait for about 40 minutes to exercise after eating.

7. The treadmill is suitable for adults, juveniles need to be accompanied by adults while exercising.

8. Treadmill is indoor-using equipment, not outdoor- using for avoiding damage. Keep the store- place clean and fl at, drying. Prohibiting other purposes of using, only for workout.

9. Please purchase the power- line from the distributor or contact us directly, for the power- line is only equipped for the treadmill.

10. If the treadmill suddenly increases the speed due to an electronic failure or the speed is inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.

11 . Do not connect the line to the middle of cable; do not lengthen the cable or change the cable plug; do not put any heavy thing on the cable or put the cable near the heat source; forbid using the socket with several holes, these may cause fi re or people may be hurt by the power.

12 . Cut off the power when the treadmill is not used. When the power is cut off, do not pull the power line to keep the wire in good condition. Insert the plug to the socket with the safety ground circuit, for the power- line is professional equipment. You must contact the professional people directly while the line is damaged.

13. This treadmill is only for home use and is only allowed for people weighing under 100 KG.

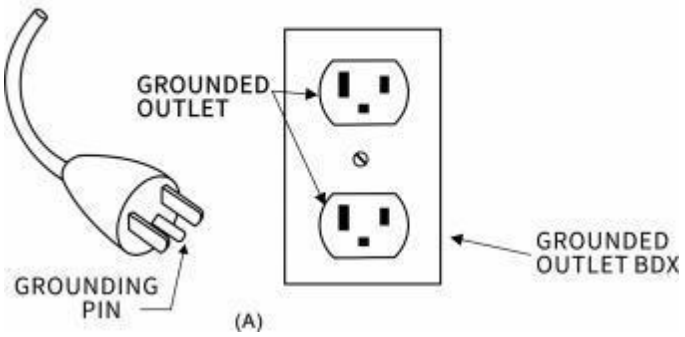
14. The safety area behind the treadmill is: 1000 * 2000MM.

GROUNDING METHODS

This treadmill must be grounded. If it malfunctions or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having an equipment- grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment- grounding conductor can result in a risk of electric shock. Check with a qualifi ed electrician or serviceman if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill – if it will not fi t the outlet, have a proper outlet installed by a qualifi ed electrician. This treadmill is for use on a nominal 1 0 0 - 1 2 0 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in the following fi gure. Make that the treadmill is connected to an outlet having the same confi guration as the plug. No adapter should be used with this treadmill. (The below picture is just for reference, the actual plug and jack is depend on the importing country)

Grounding methods



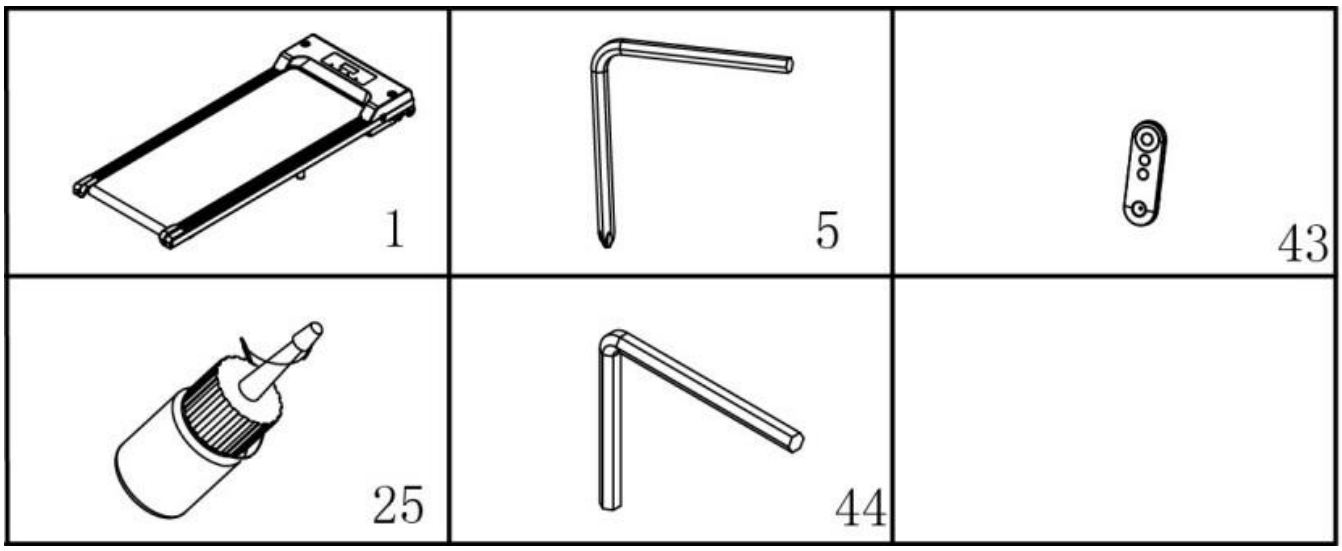
TECHNICAL PARAMETERS

OUTLINE DIMENSION(MM)	1215*487*118	POWER	As the rating label showing
FOLDABLE SIZE (MM)	WITHOUT	MAXIMUM OUTPUT POWER	As the rating label showing
RUNNING SURFACE SIZE (MM)	380*1020	SPEED RANGE	0.6-4.0MPH
NET WEIGHT	17KG	MAX USER WEIGHT	100KG
1 LED WINDOW	Speed, Time, Distance, Calories		

ASSEMBLY INSTRUCTIONS

Assembly Parts Checklist:

When you open the carton, and you will find the below parts in the carton.



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	25	Oil bottle		1
5	5 # Allen wrench	5 mm	1	44	6# Allen wrench	6 mm	1
43	Remote controller		1				

TOOLS:

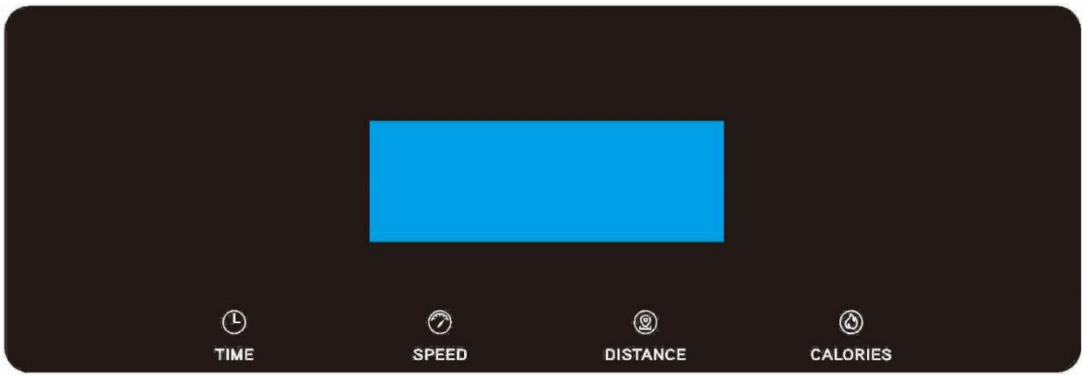
5# Allen Wrench 5mm 1PC

6# Allen wrench 6mm 1PC

Notice: Do not get through power before complete assembly.

OPERATION GUIDE

1. DISPLAY WINDOW



2. WINDOW DESCRIPTION:

This controller only has a digital tube display window, in the start countdown, display "3", "2", "1". When the treadmill is running, the display window is automatically switched every 5 seconds (TIME window, SPEED window, DIST window, CAL window).

TIME: Display the movement time.
SPEED: Display the movement speed.
DIST: Display the movement distance.
CAL : Display moving calories.
Display ternalternately alternately every 5 second window.

3. REMOTE CONTROL KEY FUNCTION

3.1. MODE button:

3.1.1. This key is the reverse meter mode selection key in the standby state. The selection order is: manual mode, time inversion meter, and distance.From the inverted meter, caloric inverted meter cycle.

3.2. START/STOP button:

3.2.1. Press this key on standby, and the treadmill starts running from the lowest speed after 3 seconds to the meter.

3.2.2. Press this key when exercise, and the treadmill will slow down to recover after shutdown.

3.3. POWER/STOP button:

3.3.1. Press this key when exercise, and the treadmill slowly slows down to shutdown.

3.3.2. Press this key on standby, the system turns off all displays and enters the dormant state. press any key to wake it up.

3.4. SPEED –/+: Speed addition and subtraction adjustment. Speed can be adjusted during movement and adjusted when stopped.

3.5. VOLUME–/+: Add or adjust volume.(Select with Bluetooth music)

Notice: When any key is pressed effectively, it will be accompanied by a long tone, and when the key exceeds the limit. There is no prompt sound when the key is pressed as invalid.

4. MAJOR FUNCTION:

Turn on the power, all windows light for 2 seconds, and then enter the standby state.

Countdown mode: Press the mode button to select: time countdown, distance countdown and heat countdown in turn. The corresponding window displays the default value and flashes. Press "Speed+" or "Speed-" to adjust to the desired value. Press the "Start/Stop" key to start, after the second countdown, the treadmill starts running from the lowest speed, press the "Speed+" and "Speed-" keys to adjust the speed. When the window value countdown to 0, the treadmill slowly reduce speed to stop. Of course, you can also directly press the "Start/Stop" key or "Power/Stop" key to stop running.

Notice: The corresponding window of mode will flash with 15 beeps at the end of the campaign, after which all data is cleared to 0 to enter the standby state.

5. SLEEP FUNCTION

Stopped for more than 10 minutes without any operation, the system turns off all displays and enters a sleep mode. Press any key to wake up.

6. RUNNING DATA DISPLAY AND SETTING RANGE

	SHOW RANGE	DEFAULTPROGRAM	SETRANGE
SPEED	0.6—4.0 MPH	.....	0.6—4.0 MPH
TIME	0:00—99:59	30:00	5:00—99:00
DISTANCE	0.00MP—99.9MPH	0.60MP	0.50MP—99.90MPH
CALORIES	0.01—999.0 Kcal	50.0 Kcal	10.0—999.0 Kcal

TREADMILL MAINTENANCE

Warning: Always unplug the treadmill from the electrical outlet before cleaning or servicing the treadmill.

Clean: General cleaning the treadmill will greatly prolong the treadmill.
Keep the treadmill clean regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This will reduce the build-up of foreign material under the walking belt by wearing the clean running shoes.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

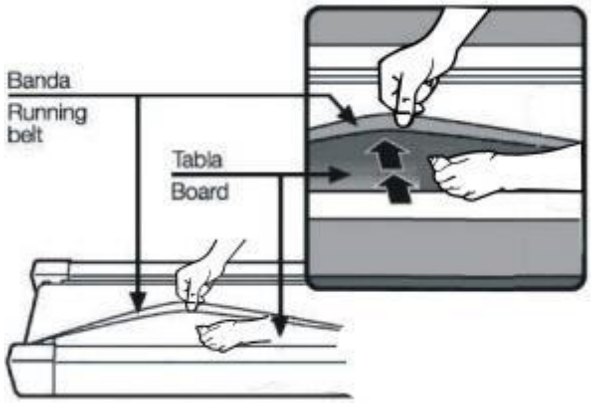
This treadmill is equipped with a pre-lubricated, low-maintenance deck system. The belt and deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact our service center if you find the damage to the deck.

We recommend that lubricating the deck according to the following timetable:

→ Light user (less than 3 hours/week): annually
→ Medium user (3-5 hours/week): every six months
→ Heavy user (more than 5 hours/week): every three months

We recommend that you buy the lubrication from our distributor or directly from our company.

Attention: Any repair needs a professional technician.

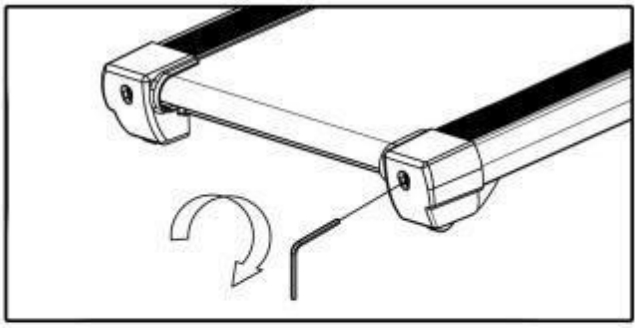


1. We suggest that you should turn off the power for 10 minutes after keeping running for 2 hours so that it' s good for maintaining the treadmill.
2. . For avoiding the slipping during running, the belt is not too loose, for avoiding more abrasion between the roller and belt and maintaining the treadmill good running, the belt is not too tight. You can adjust the distance between plates and belt, the belt is away from the plates about 50-75mm on both sides, of the best not too tight or loose.

RUNNING BELT ADJUSTMENTS

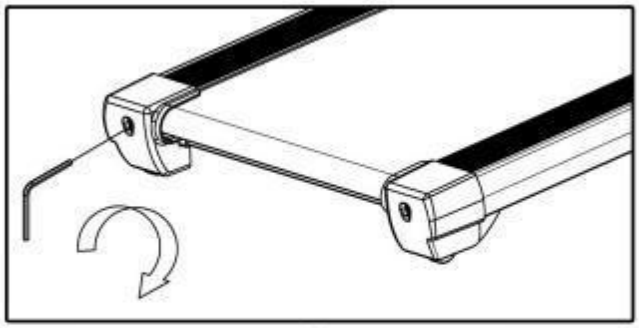
● Place the treadmill on a level surface. Run the treadmill at approximately 2 - 3mph, checking the running condition.

● If the belt has drifted to the right, unplug the safety key and power switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A



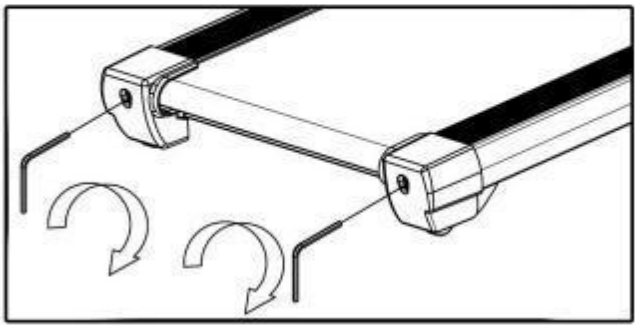
A

● If the belt has drifted to the left, pull out of the safety key and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC B



B

● For the belt after running for a period of time, adjust the belt tightness in time. Pull out of the safety key and switch, turn the left and right adjusting bolt 1 / 4 turn clockwise, then re- start running, confi rm the belt- tightness until the belt has right tightness. PIC C



C

TROUBLE SHOOTING GUIDE

CODE	REASON	SOLUTION
E01	1.message wire is broken or not connected well	1. Check if the computer and bottom control board wire connect well; 2. Check if IC on bottom control board is loosen, reset the IC
E02	1. Burst clash	1. Check if the power voltage is 50% lower than the normal voltage, please use the normal voltage to test; 2. check if the control board is burnt with irregular smell, replace a control board; 3. Check if the motor wire is well connected, reconnect it.
E03	no sensor signal	1. Check if the signal light on control board is light on, if the signal light is burnt out, change a signal light. 2. Check if the plug of sensor is well connected 3. Check if the magnetic sensor is broken or well connected, reconnect it or replace a magnetic sensor.
E05	Current overload protecting	1. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; 2. Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change motor and bottom control; 3. Check if the power voltage is wrong, use right voltage to test again.
If the motor doesn't rotate after press "START" button. The wire that control the motor might have something wrong. Such as the protective tube on control board is damaged or fall off,. Or the motor wire isn't connected well.Or the IGBT on control board is burnt out Check if the motor wire is connected well and re-connect well.Check if the protective tube is OK, re-set it or change one. Use multimeter to test if the IGBT is burnt out,and change an IGBT or control board.		
E06/E07/E08	EEPROM damaged	Change a control board

EXERCISE INSTRUCTIONS

Warm up stage:

If you are over 35 years old or have health problems, also it`s your first time doing exercise, please consult with your doctor or professional people.

Before using the electric treadmill, please stand next to get familiar with how to control it, such a s start, stop and speed adjustment, until you can use it. After that, stand on the plastic skateboa-rd on both sides . Keep the treadmill at a low speed of about 1.0-2.0 mph, stand straight and test the treadmill by one foot, after getting used to the speed, you can begin to run and can increase speed to 2.0-3.0 mph. Keep the speed about 1 0 minutes, then stop the treadmill.

Exercise stage:

Learn how to adjust the speed before using. Walk about 0 . 6 miles at stable velocity, it will take you about 15 - 25 minutes. If walk at 3 . 0 mph, it will take you about 12 minutes in 0 . 6 miles. If you feel comfortable at the stable velocity, you can add the speed, after 30 minutes, you can have a good exercise. At this stage, you can not add the speed or incline too much at one time, it is good for your health.

Exercise intensity:

Warm- up 2 minutes at 3. 0 mph, then increase the speed to 3. 3 mph and keep walking in 2 minutes, then increase to 3.6 mph and walk in 2 minutes. After that, 0. 2 mph increase every 2 minutes, until rapid breath but not feel diffi culty. Finally, you should slow down the speed in 4 minutes.

Calorie burning- - - the best effective way

Warm- up 5 minutes at 2.5- 3.0 mph, then slowly increase the speed by 0. 2 mph every 2 mi-nutes, until you feel it is challenging for 4 5 minutes at a stable speed. For improving the intensity of movement, you can keep the speed for an hour while watching TV programs, then increase the speed by 0 . 2 mph each advertisement interval time, after that return to the original speed. In this way, you can get the best efficiency for calorie burning. Finally, you should slow down the speed in 4 minutes.

Exercise frequency:

The cycle time: 3 - 5 times/ week, 1 5 - 6 0 minutes/ times. Make up the schedule of workout scientifi c, not only for your hobby.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time- chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, if you feel chest tightness, chest pain, irregular heartbeat, breathing diffi culty, dizziness or other discomforts during exercise. You should consult with your physician or health professional to keep going.

You can choose the normal walking speed or the jogging speed if you always take workout with the treadmill.

If you don' t have enough experience or confi rm the testing velocity, you can follow the instruction:

Speed 0 .6-1.9 mph: people less movement or workout

Speed 1.9-2.8 mph: people normal walking

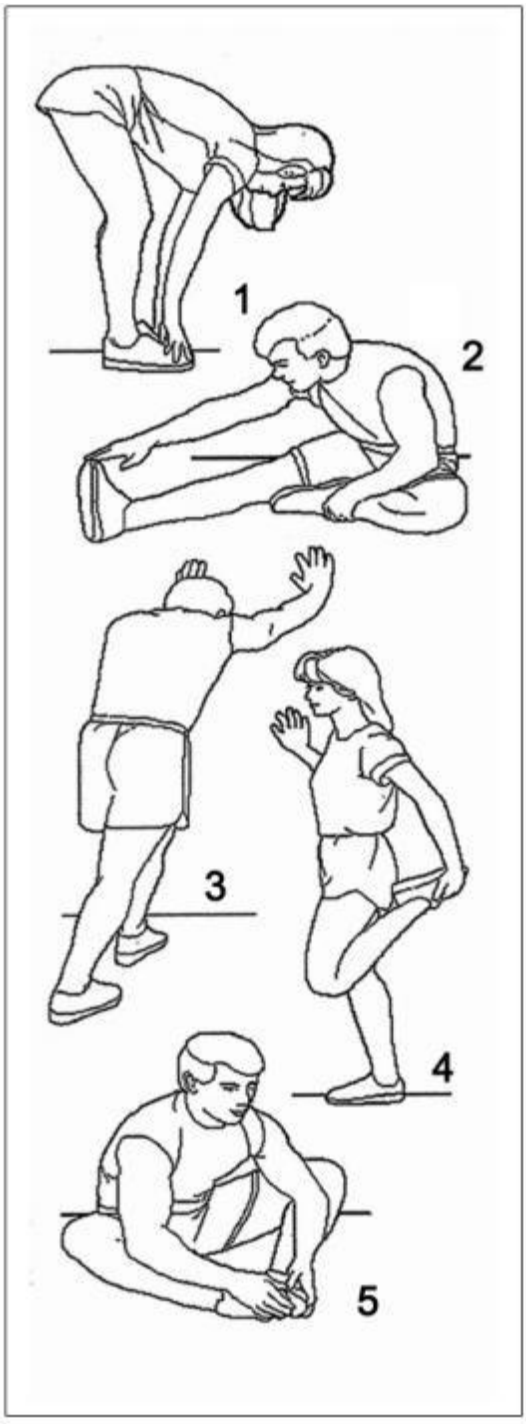
Speed 2.8-3.7 mph: fast walking people

Speed 3.7-4.0 mph: jogging

Attention: The velocity of movement ≤ 3 mph is suitable for normal walking; the velocity of movement ≥ 3.7 mph is suitable for runner.

WARM UP INSTRUCTIONS

Before exercise, it is better to do stretching exercises . Warm muscles stretch more easily, spend the fi rst of 5 - 1 0 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.



1 . Down the stretch: Knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

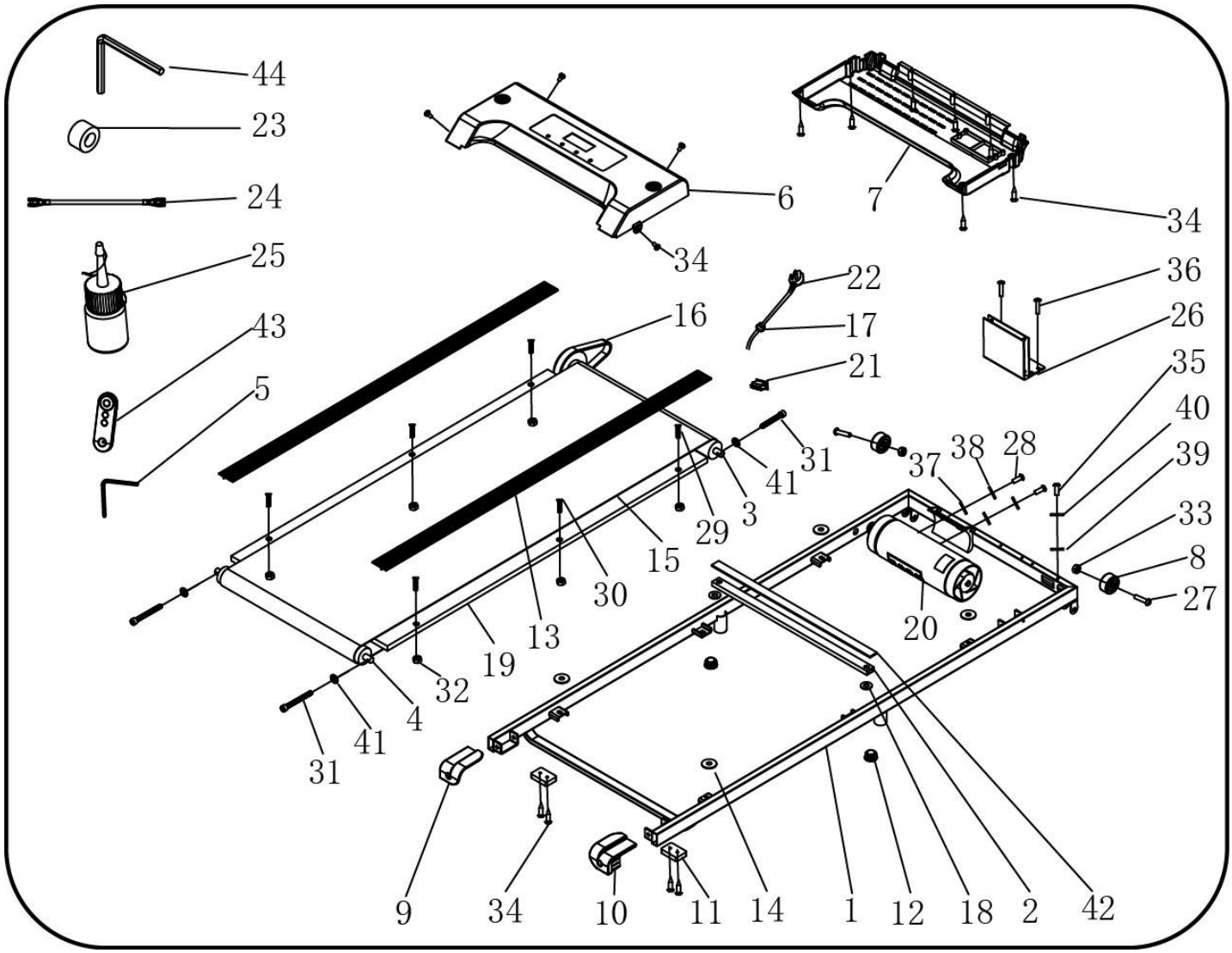
2 . Hamstring stretch: Sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. Hand tries to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3 . Legs and feet tendon stretch: Two on the rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 1 0 to 1 5 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4 . Quadriceps stretch: The left hand on the wall or table to master balance, and then stretch your right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5 . Sartorius muscle (inner thigh muscles) stretch: Feet in contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).

EXPLODED PARTS DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	24	Single branch line 1		1
2	Running board		1	25	Oil bottle		1
3	Front drum		1	26	Control circuit board		1
4	After the drum		1	27	Inner hex flat head	M8*37	2
5	5# Allen wrench	5 mm	1	28	Inner hex flat head	M8*14	2
6	Motor cover		1	29	Inner hexagon head	M6*25	4
7	Motor under the cover		1	30	Inner hexagon head	M6*35	2
8	The handling wheel		2	31	Inner hexagon	M6*55	3
9	Left rear cover		1	32	Type 1 non-metal insert	M6	6
10	Right rear cover		1	33	Type 1 non-metal insert	M8	2
11	Back foot pad		2	34	Cross groove head head pad	ST4.2*12	16
12	25 Round tube blocking		2	35	Cross slot head	M5*8	1
13	Edgings		2	36	Cross groove head	4.2*9	2
14	Rubber insert		4	37	Flat washer level C	8	2
15	Running with		1	38	Standard-type	8	2
16	Multi-wedge belt		1	39	Inner serrated lock	5	1
17	Power cable buckle		1	40	Standard-type	5	1
18	Nylon isolation pad		2	41	Inner serrated lock	6	3
19	Running board		1	42	Bubble cotton glue		1
20	DC motor		1	43	Remote controller		1
21	Square boat switch		1	44	6# Allen wrench	6 mm	1
22	Standard power cord		1	45			
23	Magnet ring		1	46			